SVSU Saginaw Valley State University

STUDENT health101™

"What's in it for me?"

Here's why YOU should read Student Health 101!

Monthly prizes worth up to $2,500!
Enter to WIN

Recipes to keep both you and your wallet satisfied!
UCookbook

Learn skills through interactive info. Give your health, relationships, and academics a boost!

Activities to lower stress and keep you moving!
FitnessU

Watch other students' experiences and share yours!
STUDENTVIEWS

Read *Student Health 101* and **ENTER TO WIN** this month's prize!

READ *STUDENT HEALTH 101* TODAY:
http://readsh101.com/go2svsu.html

Health Center	Student Counseling Center	Student Wellness Programs	Campus Recreation
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2970 Pierce Road	Curtiss 112	Doan 105	Campus Recreation Center